Instructions for using the Remote Start Button:

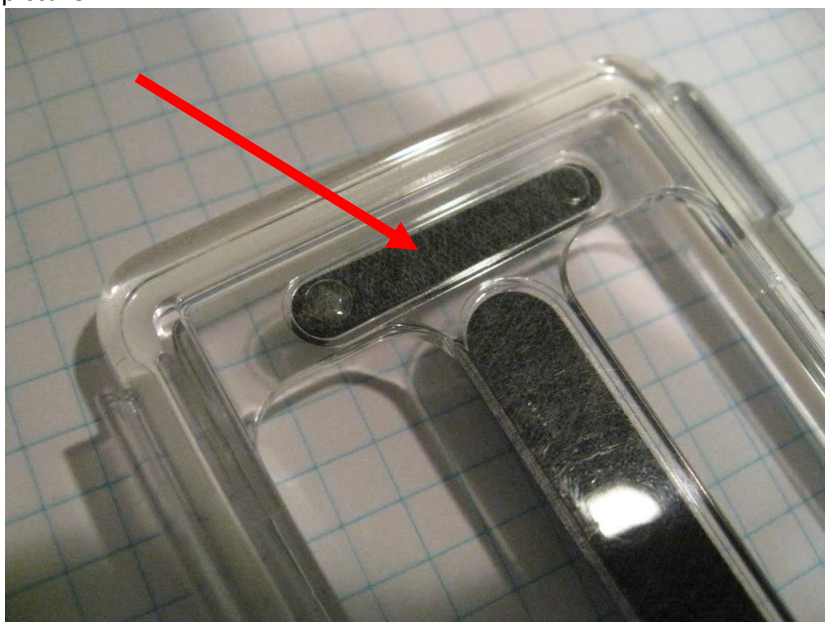
GoPro Hero HD
If you have the GoPro Hero HD Camera, you must update the firmware here:
http://gopro.com/support/hd-hero-firmware-update/

GoPro Hero HD2
If you have the GoPro Hero HD2 Camera – DO NOT download the firmware. The firmware update is not necessary.

Use the user manual to put the camera into one button mode:
http://gopro.com/wp-content/uploads/2011/03/HD-HERO-UM-ENG-110110.pdf

Case
You will have to alter the case, but it's very easy -- almost like GoPro planned for it. You'll want to modify the non-waterproof back (you'll be making it even less waterproof).

Looking at the back of the camera case there are three foam pads, two vertical and one horizontal. The vertical pad on the left lines up perfectly with the Hero Bus plug (where this plugs into).
1) Free the non-waterproof housing back from the case if it's attached.
2) Pull off that rubber pad and you'll see a rounded rectangle imprinted into the plastic as shown in this picture:



3) Put on safety glasses
4) If you have access to a mill, mill out that imprinted area with a 1/4" end mill.
4a) If not, use a drill and a 1/4" bit. Line up the bit so it drills at the center of the rounded ends, then use a jig saw (dremel with cutoff wheel may work) and cut along the lines to remove the rest of the indented area.

When you're done it should look like this:

If you cut it right, when you reassemble the case, the plug should fit perfectly into the camera through the slot you made. If it's tight on one side, just use a file or something similar and shave away a little of the edge that's tight (it's most likely the sides, not the curved area that'll be tight).

Final product assembled: